

Utah

2005 Youth Risk Behavior Survey (YRBS) Results

These risk behaviors¹ . . .

Unintentional Injuries and Violence

- 6% Rarely or never wore a seat belt
- 13% Rode with a drinking driver during the past month
- 18% Carried a weapon during the past month
- 26% Were in a physical fight during the past year
- 8% Attempted suicide during the past year

Alcohol and Other Drug Use

- 16% Drank alcohol during the past month
- 9% Reported episodic heavy drinking during the past month
- 8% Used marijuana during the past month
- 4% Ever used cocaine
- 12% Ever used inhalants

Sexual Behaviors

- NA² Ever had sexual intercourse
- NA Had sexual intercourse with ≥ 4 people
- NA Had sexual intercourse during the past three months
- NA Did not use a condom during last sexual intercourse³
- NA Did not use birth control pills during last sexual intercourse³

Tobacco Use

- 25% Ever tried cigarette smoking
- 7% Smoked cigarettes during the past month
- 2% Smoked cigarettes on ≥ 20 days during the past month
- 4% Used smokeless tobacco during the past month
- 5% Smoked cigars during the past month

Dietary Behaviors

- 80% Ate fruits and vegetables < 5 times/day during the past 7 days
- 77% Drank < 3 glasses/day of milk during the past 7 days

Physical Activity

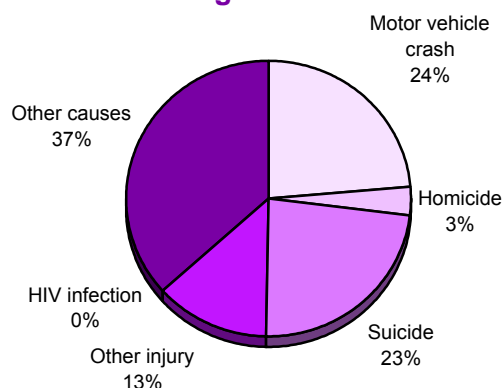
- 64% Did not meet currently recommended levels of physical activity⁴
- 4% Did not participate in any vigorous or moderate physical activity
- 39% Did not attend physical education class
- 77% Did not attend physical education class daily

Overweight

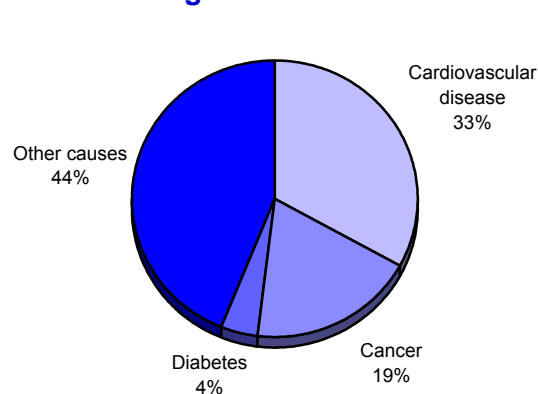
- 11% At risk for becoming overweight⁵
- 6% Overweight⁶

. . . contribute to these leading causes of death.⁷

Youth Aged 10-24 Years



Adults Aged 25 Years and Older



¹ Among high school students only, weighted data.

² Data not available.

³ Among students who had sexual intercourse during the past 3 months.

⁴ Were not physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey.

⁵ Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex, based on reference data.

⁶ Students who were at or above the 95th percentile for body mass index by age and sex, based on reference data.

⁷ 2003 mortality data, CDC.

Where can I get more information? Visit www.cdc.gov/yrbss or call 800-CDC-INFO (800-232-4636).



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

